



Serving at Trinity

Rector:
The Very Rev.
Rob Baldwin

Assistant Rector:
The Rev. Susan Terry

Deacons:
Dick Tracy,
Rita Tracy,
Steve Segebrecht
Rob Schwaller

Parish Administrator:
Jenn Holloway

Office Administrator:
Sheryl Poole

Communications:
Sarah Johnson

Music Director:
Doug Lawrence

Youth Director
Dan Spicer

Organist:
Mark Stotler

Vestry:
Steve King (Sr.
Warden),
David Severance
(Jr. Warden),
Jennifer Attocknie,
Katie Bieker,
Nora Clark,
Brenda Clary,
Andrew Hoyt
Kim Mandle,
Allison Marker,
Dusty McCoy,
Katherine
McGillivray,
Charles Olcese

Altar Guild:
Carl Edwards,
(captain),
Margaret Bearse,
Lynn Segebrecht,
Carol Hatton,
Katherine
McGillivray,
Vanessa Milota,
Donna Olson,
Melissa Padgett

Flower Guild:
Pat Kehde
(coordinator),
Ann Elizabeth
Bishop,
Gerry Miller,
Pam Paden,
Mary Stauffer,
Terry Mandle

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This Week at Trinity

Worship Assistants for Sunday, March 5, 2017

8:00 a.m. - Rite II, Holy Eucharist
Chalice Bearers: Donna Griffin, Gail Griffin
Lector: Tod Sutton
Intercessor: Marian Wilbur
Usher: Greg Hazen

10:30 a.m. - Rite II, Holy Eucharist
Chalice Bearers: Glenna Kleinkauf, Carl Edwards
Lectors: Joanne Feist, Margie Lawrence
Intercessor: Rachel Schwaller
Ushers: Steve King, Vera King, Glenn Davis, John Bullock
Verger: Brian Haupt
Acolytes: Max Eldridge, Dylan Eldridge, Abby Baldwin

6:00 p.m. - Rite I, Solemn High Mass
Chalice Bearers: Carl Edwards, Bianca Elliott
Lector: Nathan Roser
Greeter and Usher: Dave Eddington

Readings

Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11

The complete lectionary readings for March 5, can be found at www.lectionarypage.net.

Hymns

Opening: #143, "The glory of these forty days" (*Erhalt uns Herr*)
Sequence: #150, "Forty days and forty nights" (*Aus der Tiefe rufe ich*)
Communion: #144, "Lord Jesus, Son of Righteousness" (*Cornhill*)
Closing: #563, "Go forward, Christian soldier" (*Lancashire*)
Hymns can be accessed at www.oremus.org/hymnal.

Collect of the Day

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Altar Flowers

This week's altar flowers are given to the glory of God.

Upcoming Events

Lenten Taizé Services

Friday, March 3, will be the first service in the 2017 Lenten Taizé season, at 6 p.m. at Good Shepherd Lutheran Church (2211 Inverness). Other Lenten services will be held at First Baptist (March 12), Immanuel Lutheran (March 17), First United Methodist (March 24), St. Paul's United Church of Christ in Eudora (March 31), and concludes with the always popular Stations of the Cross Taizé at St. John the Evangelist Church (April 7). All services start at 6 p.m. For more information or to be put on the Taizé email notification list, please contact Judith Galas (judithgalas@gmail.com). Bookmarks listing upcoming services and locations are available in the narthex.

Planning Your Legacy -- Choose Wisely

Have you planned your estate? Yes, everyone has an estate!
If you have not yet made a will...
If you need to update your will...
If you need to know more about estate planning before you ask an attorney...

...this is an event you will not want to miss!

Join us on Saturday morning, March 4, beginning at 9:30 a.m., when Trinity Episcopal Church will host Planning Your Legacy -- Choose Wisely, a presentation which will address basic questions everyone should ask in planning their estate:

Is this really a spiritual/faith issue?
What do I need to know?
What questions should I ask my attorney?
How do I talk to my family about my plans?
How do I give voice to my legacy?
How can the church help me in planning?
as well as the questions you bring with you.

John M. Hoskins will be our guest and presenter. Hoskins has served as a church administrator, stewardship officer, and planned-giving advisor for

40 years, assisting individuals and their advisors in creating legacy plans that fulfill the donor's desire to benefit charities, ministries, and families. For the past 16 years, he has served as Senior Philanthropic Advisor at the St. Francis Foundation, an Episcopal-affiliated ministry serving over 10,000 children and families in five states. Hoskins speaks at numerous conferences and makes presentations in gift and legacy planning and preparing for retirement.

The presentation will be **followed by lunch at 11:30 a.m.** Please join us and invite your friends to attend with you. **Make your reservation, and arrange for transportation, if needed, with Ann Elizabeth Bishop (aebishop49@gmail.com; 316-461-0547), or call the parish office (785-843-6166).**

St. Margaret's Book Group

St. Margaret's Episcopal Church is hosting a discussion group on the book [Why Christianity Must Change or Die](#) by the Rt. Rev. John Shelby Spong. Members of Trinity are welcome to attend this book discussion group that often focuses on contemporary Christian authors such as Marcus Borg and John Dominic Crosson. This group meets at 1:30 p.m. twice a month on the 1st and 3rd Wednesdays at St. Margaret's Episcopal Church (5700 W. 6th St.). Contact Bob Procter (785) 221-2100 if you'd like more information.

Words of Inspiration

From the Desk of Father Rob



At the beginning of the year I talked about finding 70 people who would be interested in being "lay evangelists" for Trinity Church. Since then many have responded to the call, with almost as many visions about what that means and how it would look as there were respondents.

If you're thinking about it, or even if you are just pondering your Lenten discipline, let me make two suggestions. First, the upcoming Adult Forum, focusing on learning about poverty in our communities, is a great program in which to participate. So often in Lent we talk about giving things up when taking things on is a perfect discipline to adopt as well, and what better way to become a better servant for Christ than to learn about poverty and the poor and society.

In addition, I recently heard an aphorism that got me really thinking about Lenten disciplines. The saying was "really big decisions are often made up of lots of really small ones." It's rare that we just have one big, seminal moment when it comes to the big decisions in our lives; all too often it is an accumulation of smaller moments of decision, small choices that we make. Our Lenten disciplines are meant to help us to find God not just in the big moments but in the million smaller ones, to allow us to sometimes fail but to see the gestalt whole begin to shift so that our lives can change incrementally but intentionally to what God wants it to be.

Yours in Christ,
Fr. Rob+

Stewardship Message: Four Reasons Not to Write a Will and One Reason to Do So

One in two Episcopalians will die without a will. So there must be some good reasons to not write one. Here are four reasons why you may still be procrastinating about your legacy stewardship:

1. You disagree with the Book of Common Prayer when it speaks of "the duty of all persons to make wills" (p. 445).
2. You have a tenacious illusion of immortality and deny the words with which the ashes are imposed on your forehead on Ash Wednesday: "Remember that you are dust and to dust you shall return."
3. You are afraid of death. Making a Last Will and Testament begins with the awareness that the death rate is still 100%.
4. You harbor a fear of financial planning. Money is scary stuff! When we begin to plan about money, we are at the same time drawing the boundaries of our financial future and accepting the reality of our financial limitations.

Here is one reason to write a will: You love your survivors. Where there is a will, there is a way. And greater peace of mind.

--- excerpted and compiled from the writings of the Rev. Richard L. Schaper and the Rev. Canon J. Hugh Magers by Ann Elizabeth Bishop

TEST Tidbits: Lenten Suggestions

Another month has begun and, along with March, comes another Lenten Season. Lent is a time for reflection, study and preparing for Easter. Bellow are some websites that you might like to explore and a simple guide for each day of the week that is for everyone who is interested in activities that help us on our path to being good Earth Stewards.

The first website is www.redeemer.com/learn. It is a set of daily meditations for Lent and is very thoughtfully done.

Another website is fun and educational site and will keep you interest all through Lent: www.lentmadness.org. It is based on the familiar basketball March Madness that many of us follow. It begins with a field of 32 saints, religious leaders, or teachers and ends with awarding the "Golden Halo" to the winner. The fun part is that you get to vote all through the brackets. Each candidate gets a little blurb -- so you are learning as you go through the brackets.

The following are suggestions to follow for each day of the week during Lent. One can follow the suggestions with a few moments of attention, or dig deeper as time and interest allow. Keeping a journal or diary will help reinforce the positive actions and information and insights gained.

- **Mindful Monday:** On Mondays in Lent, practice the art of being truly in the present at www.mindfulnessexercises.com. It has a few hints to get started. One easy way is to take time to be aware of the smell, taste, texture, and colors of the food on your plate. Eat slowly, enjoying each mouthful. Where does this food come from? How many people worked to bring this food to your table? Practice being mindful on the way to work and with the people you meet through the day. A smile and a thoughtful comment can mean the world to folks you meet -- friend or stranger. Being mindful slows you down in order to make time for these little interactions. At the end of the day, record your experiences and make note of all your blessings for this day.
- **Take-Action Tuesday:** Tuesday will be your day to pick one activity to do this day that will better the environment in some specific way. Some suggestions: buy and install an LED bulb in your home, begin a compost pile, install a rain barrel, plant a tree, construct a bat house (bats eat mosquitoes). Write your action in your journal. You should end up with a nice list of actions done by the end of Lent.
- **Wellness Wednesday:** Wednesday might be your day to pick out a less known vegetable and make it part of your diet. Stuff those eggplants, try kohlrabi, sauté little brussels sprouts with olive oil, onions and mushrooms and have fun spicing up your food. Make your Wednesday meals meat free (saves water and helps your health). Make Wednesday the day to plan meals and your grocery shopping in such a way as to reduce waste and phase out over-processed and over-packaged foods. Again, note your progress in your journal.
- **Theology Thursday:** Thursday is a day to meditate on how your theology or your deep-felt beliefs are affecting your everyday actions in every area, including your earth-care actions. What can I do to bring my beliefs and my actions closer together? Some helpful sites might be www.episcopalscience.org/resources/catechism-creation (a very detailed document outlining what Anglicans and Episcopalians believe about the connection between science and religion). Find a good book on the environment and religion in our church library and consider reading passages from [The Green Bible](#). Write down your reflections.
- **Fact-Finding Friday:** Use Fridays to fill your mind with all the facts your brain can hold concerning the environment. There are thousands of websites to help you. One of the best is www.sciencefriday.com. This site has lots of information, a newsletter, and children's activities. It has a regular program on National Public Radio every Friday, 1-3 p.m. Another great site is www.livescience.com. Besides gathering facts, hone your critical thinking skills by paying attention to how information is framed. Does the framing help or hurt what might become actions for the "common good" for our society?
- **Speak-Up Saturday:** Saturday is a day for speaking up and advocating for the things you believe will help the environment in some way. Join an environmental organization, read their website and newsletter. Become enthusiastic about passing on factual information you have gathered to friends and family. Write your Congress members and let them know your opinions. Become involved in positive groups making a difference in our church and in our community. Decide to vote each and every time. If your civics knowledge is a bit rusty, it's time for a refresher. Good and positive speaking should also involve listening with an open mind. Try to listen carefully to other opinions and be kind and thoughtful in responses. Record your actions.
- **Savoring the Sabbath:** Sunday is the Lord's Day. Attend Sunday school and church. Also, use the time off work to get out into God's beautiful world and allow yourself to become grounded through being in nature. Meditate on the very connectivity of all living things. Appreciate and praise God for creating a world that sustains us (and will continue to sustain us, *if* we care about the health of our environment). Write your thoughts in your journal.

Have a wonderful and meaningful Lent this year.

"Caring for the environment -- it's a Christian thing to do!"

Ministry Opportunities

Forward Day by Day

[Forward Day by Day](#) for February through April is now in the tract racks. March and April will begin with Ash Wednesday and cover Lent and Easter.

Trinity Interfaith Food Pantry

Trinity Interfaith Food Pantry (TIFP) was open eight days in January 2017 and served 266 families (275 children, 472 adults, and 24 senior adults) with 32 new families requesting food assistance. Food purchased locally and through Harvesters in January totaled \$1,437.46, and the total retail value of all food provided (both donated and purchased) was \$5,256.16.

The Harvester's Mobile Food Distribution, a partnering program with volunteers from First Baptist Church, Catholic Charities of Northeast Kansas, Trinity Interfaith Food Pantry, and the Salvation Army, is held on the fourth Saturday of each month, 1-2 pm at First Baptist Church (1330 Kasold).

We are grateful for the donation of the proceeds from the 42 players who registered for the 2017 Ice Bow (Disc Gold Competitive Event) held on Saturday, February 25, at Centennial Park in Lawrence. The event was highly successful, with the donation of over 300 cans of food and a total of \$550 collected for the event -- all donated to TIFP. We thank Isaac Heinen, a KU Senior and intern in Sports Management; and Dustin Reed, Aquatics programmer with City of Lawrence Parks and Recreation who coordinated the event.

GIFT Cards: A Good Deal

Grocery Income for Trinity (GIFT) cards for all the Lawrence grocery stores are always available for sale in the parish hall between church services. A GIFT card you buy at church is treated like cash at the store: a \$50 card buys \$50 worth of groceries. And it results in a contribution to the church, because these grocers have agreed to give back to Trinity between 4% and 6% of the total amount that you spend with that store's GIFT card. It is an easy way to contribute to Trinity.

Prayer Chain

To add a person's name to the prayer list or to become a prayer chain member, please contact the parish office (prayers@trinitylawrence.org; 785-843-6166) or Carol Hatton, Prayer Chain coordinator (caroldonhatton@gmail.com).

The Prayer Chain prays daily for those who are ill, suffering, troubled, have died, or wish to offer praise and thanksgivings. Prayer Chain members find that their own private prayer life with God also deepens during this daily practice.

Pray for those who are ill:

Melissa, David, Jim, Tara, John, Oliver, Joyce, Janelle, Christa, Kim, Zelda, Vashti, Don, Janet, Roxanne

Prayer for those with special intentions:

Judy, Victoria, Joe, Anna, Logan, Kendra, Lisa, Bayliss, Terry, Carole, Nicki, Warren & Hunter, Kaye, Margaret, Mary, Tally, Dennis

Pray for those in the hospital:

Steve, George, Ginny, Terry, Mabel, Gavin, Dominador, Kari, Jack, Linda, Ellen, Kim

Pray for those who are departed:

Mitch King, Connie Fisher, Walter Hicks, Jane Gates, Norma McCorvey, Myron King, E. Dorssom, Rachel Dyal, Srinives Kuchibhotta, Mabel Stoneback, Jim Onken

This Week at Trinity

Sunday, March 5

8:00 a.m., Holy Eucharist, Rite I

9:30 a.m., Adult Forum

10:30 a.m., Holy Eucharist, Rite II

10:30 a.m., Sunday School

11:30 a.m., Coffee Hour

6:00 p.m., Holy Eucharist, Solemn High Mass & Supper

Monday, March 6

6:00 a.m., Pump 'n' Pray, Rock Chalk Park

9:00 a.m., Morning Prayer

12:00 p.m., Women's Lunch Group

Tuesday, March 7

10:30 a.m., Staff Meeting

2:00 p.m., Food Pantry

6:30 p.m. Canterbury House

Wednesday, March 8

6:00 a.m., Pump 'n' Pray, Rock Chalk Park
6:00 p.m., Evening Service & Dinner
7:30 p.m., Christian Classics

Thursday, March 9

9:30 a.m., Brandon Woods Eucharist
10:00 a.m., Trinity Treasures
1:30 p.m., Group One Women's Quest-ioning
5:15 p.m., Holy Stir-It
7:30 p.m., Trinity Choir Rehearsal

Friday, March 10

6:00 a.m., Pump 'n' Pray, Rock Chalk Park

Saturday, March 11

10:00 a.m., Organ Practice
10:00 a.m., Food Pantry

Newsletter Information

The deadline for placing items in this newsletter is every Wednesday at 12 p.m. If you have any questions or would like to start receiving this newsletter each week, please contact Sheryl Poole (sp@trinitylawrence.org).

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